

Key Food Label Questions

1. How many calories am I actually eating
 - a. Is it low, medium or high
 - b. Based on a 2,000 calorie diet
 - i. Low: 40 calories
 - ii. Moderate: 100 calories
 - iii. High: 400 calories
2. How many calories do you get from the following macronutrients?
 - a. 1 gram of Carbohydrate = 4 calories
 - b. 1 gram of Protein = 4 calories
 - c. 1 gram of Fat = 9 calories
3. What is a serving size
 - a. See under Nutrition Facts the definition for Serving Size for that product
4. How many servings are in the container or package
 - a. Under the Serving Size is the number of Servings Per Container
5. How many servings am I eating
 - a. How much of the product container are you eating?
6. What nutrients should I limit and why
 - a. Total Fat, Saturated Fat, Cholesterol, and Sodium
7. What nutrient should I strive to get enough of
 - a. Dietary fiber, Vitamin A, Vitamin C, Calcium, Iron
8. What is relevant about the footnote?
 - a. Gives you % DV values that is based on a 2,000 calories diet.
 - b. Gives you DV for a 2,000 and 2,500 calorie diet.
 - i. DV is actual amount(weight) of the nutrient in consideration (in this case Total Fat, Saturated Fat, Cholesterol, Sodium, Total Carbohydrate, and Dietary Fiber
9. How can I tell if a %DV (Daily Values) is high or low?
 - a. Low: 5% or less
 - b. High 20% or more
10. Goal: Stay well BELOW 100% of DV for:
 - a. Total Fat
 - b. Saturated Fat
 - c. Cholesterol
 - d. Sodium
11. Goal: Try to get 100% of the DV for each of these nutrients each day:
 - a. Dietary fiber
 - b. Vitamin A
 - c. Vitamin C
 - d. Calcium
 - e. Iron
12. Which nutrients have no % DV
 - a. Trans Fat b. Sugars c. Protein
13. Compare two products
 - a. Plain Yogurt or Fruit Yogurt
14. Number of items in the ingredient list